

Abstract of the Disclosure

A system and method of integrated calorie management is presented. The system includes a computer with a processor, memory, display and user input mechanism. The method includes the steps of measuring a resting metabolic rate (RM) of a user and utilizing the measured resting metabolic rate and user activity level over a predetermined time interval to determine a total energy expenditure (TEE) of the user. The method also includes the steps of determining a total calorie intake (TCI) value representing the person's total calorie intake during the predetermined time interval and determining a caloric balance (CB) for the user from the total energy expenditure measurement and the total calorie intake value. The method further includes the step of using a rate of change of the measured resting metabolic rate to determine when to remeasure the resting metabolic rate of the user.